

June 2013

WEBB COUNTY HEAD START NEWSLETTER

5904 West Drive

Plaza de Oro

795-1515

From the Desk of Head Start Director:

It is my sincere hope this message greets everyone in good health, relaxing, and enjoying the summer weather. Please take time to visit the Laredo Public Library, Parks & Recreation centers, and the Girls & Boys' Club. Engage your children in positive, fun-filled activities that will encourage good physical, emotional, and intellectual health.

Departé De Su Directora:

Espero que les llegue este saludo con buena salud, descanso, y disfrutando del verano. Tomen tiempo para visitar la Biblioteca publica, los centros de Recreación, y el club de Laredo para niños y niñas. Ofrezcan a sus niños actividades positivas llenas de diversión que les estimule buena salud emocional, física e intelectual.

Aliza Oliveros



EDUCATION —Lucy Trejo, Education Director

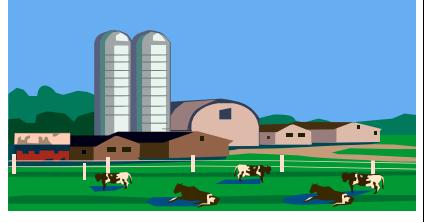
Learning experiences can be fun for everyone. Children and parents can share the joy of learning and playing while they communicate and grow together. By working together with your child, you are helping to build his or her language and literacy, social and emotional, gross motor, fine motor, and cognitive skills. The following are ideas you and your child can do at home during the summer.

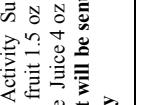
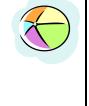
Talk with your children about the size, taste, texture, and color of foods. Ask them to talk about changes in foods as you cook them. Talk with your children about any foods that have special meaning to your family. Ask your children to find circles, triangles, or squares. Play the game, *"I see something you don't see and the color (or the shape) Is..."* Ask your children to make sure there is one plate, one glass, and so on, for each person. Talk about how to handle the dishes and silverware, so they stay clean and unbroken. Measure with cups, tablespoons, and teaspoons. Ask your children to guess how many tablespoons make a cup of water. Then, help them check it out! Talk about opposites big and small, hard and soft. Let your children name or tell you something about each food, as you take it out of the bag. As you sort the groceries, ask your children to put together all the foods that are the same: fresh vegetables in one place, boxes in another place. Talk with your children about the sizes of cans as you put them away--tall and short, wide and narrow. Ask your children what the toaster is for, what the oven does. Give safety tips for the use of each appliance, and talk about who can turn them on and off. Ask about other ways to toast bread, heat the leftovers. The answers might be very creative! Ask them to sort eating and cooking utensils by type or use. Remember, you are your child's first and most important teacher and your home is a primary learning place! Their learning will depend on the opportunities and support that you offer them at home and in their surroundings.

EDUCACION

Las experiencias de aprendizaje pueden ser muy divertidas para todos. Los niños y los padres pueden compartir la alegría de aprender y jugar mientras se comunican y crecen juntos. Al trabajar con su niño, lo está ayudando a construir sus habilidades en las áreas de lenguaje y literatura, social y emocional, motricidad gruesa y fina, y cognitivo. Usted y su niño pueden disfrutar las siguientes sugerencias durante el verano.

Háblele del tamaño, sabor, textura y color de la comida. Pregúntele que hable de los cambios de la comida mientras las cuece. Háblele de las comidas que tienen un significado especial para su familia. Pídale que encuentre círculos, triángulos o cuadrados. Jueguen *Veo algo especial que tu no ves y el color (o la forma) es...* Pídale que asegure haya un plato, vaso, etc. para cada persona. Hablen de cómo manejar los trastes y utensilios de una manera para mantenerlos limpios y evitar quebrarlos. Midan con tazas, cucharas y cucharitas. Pídale que advine cuantas cucharadas de agua caben en una taza. ¡Después ayúdelo a comprobarlo! Hablen de palabras opuestas: grande y chico, duro y suave... Permitale que nombre o diga algo sobre cada producto que saca de la bolsa de mandado. Al clasificar el mandado, digale que junte todo lo que es lo mismo: los vegetales frescos en un lugar, las cajas en otro... Hablen de los tamaños de las latas mientras las guardan—altas, cortas, anchas, delgadas. Pregúntele para qué es la tostadora, y para qué sirve el horno. Dele consejos de seguridad para usar cada aparato y hablen de quién puede prenderlos o apagarlos. Pregúntele de otra manera se pudiera tostar el pan y calentar la comida que queda. ¡Las respuestas pueden ser muy creativas! Pídale que clasifique los utensilios para comer y cocinar de acuerdo al tipo y uso de cada uno. ¡Recuerde, usted es el maestro principal y más importante de su niño y su hogar es el lugar principal para el aprendizaje! El aprendizaje de su niño dependerá de las oportunidades y apoyo que usted le ofrezca en el hogar y sus alrededores.

EHS Summer		Sunny Days	Bugs, Worms, and Little Things	Water	Farm Animals
					

Mon	Tues	Wed	Thurs	Fri
				
3 B-Milk 6 oz., french Toast ham steak 1/2 oz. (538681), syrup 1 Diced pears 1/2 L-Milk 6 oz. ground beef 1/4 Cheese Macaroni 1/2c. Green beans 1/4c. Peeled Apricot 1/4 S-Orange Juice 4 oz., Animal Crackers Breakfast will be sent today for Tuesday	4 Milk 6 oz. blueberry muffin .9 oz 1 sliced peaches IQF 307514 1/2 L-Milk 6 oz. Chicken 488410 (10#), chopped broccoli w cheese sauce 1/4 c. Wheat bread 1/2 slice 1/4 c., orange wedges 1/4 S water 4oz. Fruit Salad 1/2 c. Graham Cracker 2 Breakfast will be sent today for Tuesday	5 Milk 6 oz. Mini Pan Cake syrup 1 Apple sauce 1/2 c. L-Milk 6 oz. <i>Chicken breading party</i> 1.487352 (102/2.75 oz) diced potatoes 1/4 c. cut in 1/4 " wheat crackers 6 Diced Peaches 1/4 oz. Mash potatoes 1/4 c. S- Banana 1 oreo crumbs 1 tablespoons Orange Juice 4 oz. Breakfast will be sent today for Thursday	6B Milk 6 oz. Rice Krispies 1 diced peaches 1/2 c L-Milk 6 oz. ground beef with sloppy joe mix 1/4 c. Hamburger bun 1 com 1/4 c. watermelon on slices 2 oz. S- banana 1 milk 4 oz 	7B- Milk 6oz. Bean & cheese 1/4 c. wheat tortilla 1 Orange 1 L-Milk 6 oz. boiled chicken 1/4 c. Creamed noodles 1/4 c. peeled Apricots 1/4 c. creamed corn 1/4c. S Teddy Grahams.5 oz. yogurt 1 4 oz.. Pineapple Juice 4 oz. 
8 10B-Milk 6 oz. biscuit with country gravy 1 diced pears 1/2 c. L-Milk 6 oz. Chicken fajita 2 oz. Diced carrots 1/4 c. Crushed pineapple 1/4c. Wheat Tortilla 1 pc. S-Graham Cracker 2 Yogurt berries 6 oz. 285751 water 4 oz. Breakfast will be sent today for Tuesday	11B-Milk 6 oz. <i>Cherrios I Diced Peaches</i> 1/2 c. L-Milk 6oz. ground meat with marinara sauce 1/4 c. Maranira sauce spaghetti 1/2 c green beans 1/4 c. peeled diced Apricots 1/4c. S- Orange Juice 4 oz, Cheese Goldfish 1 oz. 	12B-Milk 6 oz. Sausage Morning roll (541853) applesauce 1/2 c. L-Milk 6oz. Chicken patty 1 with country gravy Fresh chopped broccoli 1/4 c. c. diced peaches 1/4c Macaroni 1/2 c. S-. Nutrition Activity Summer delight 1/2 c, fruit 1.5 oz sponge cake Orange Juice 4 oz Breakfast will be sent today for Thursday	13B- Milk 6 oz. Apple Jacks 1 Banana 1 L-Milk 6 oz. – ground beef and beans 1/4 c. mixed vegetables 1/4 c. crushed pineapple 1/4 c. Wheat bread 1/2 slice S- Orange juice 4 oz animal crackers (771826) 1 oz 	14 Milk 6 oz. Pan cake in a sausage I. Fresh Orange 1/2 c Syrup 1/2 L Milk 66 Chicken salad 1/4 c. wheat bread 2 slices watermelon slices 2 0z. Broccoli flowers 2 oz. S- Orange juice 4 ozz. Vanilla wafers 1 oz. 
17B-Milk 6oz. Pan Cake 1, syrup 1 Mandarin Orange 1/2 c 1 slice star fruit (060025) sausage 1 L-Milk 6 oz. breaded chicken patty with country gravy watermelon diced 1/4 c.. Broccoli with cheese 1/4 c. IMIL Idea S- frozen fruit mix 4 oz. ice cream 1 ice cream cone 1 water 4 oz. Breakfast will be sent today for Tuesday	18B-Milk 6oz. Cherrios Cereal 1,diced peaches 1/2 c., L-Milk 60z. Diced chicken 1/4 c. vernacelli 1/4 c. pinto beans 1/4 c diced pears 1/4 c. S-saline crackers 4. jelly 1 Orange juice 4 oz. 	19B Milk 6 oz. Bean and Cheese 1/4 c. biscuit 1 Orange 1/2 c. L-Milk 6 oz. Beef fingers 3 brown gravy fruit cocktail with jello 1/4 c. Diced carrots 1/4 c wheat bread 1/2 S- Sliced Strawberries 1/2c/ Ygurt 6 oz. 4 oz. Breakfast will be sent today Thursday	20 Milk 6 oz. Rice Krispies 1 banana L Milk 6 oz. Breaded chicken patty CN label country gravy 1 Peas 1/4 c. Creamed chicken noodles 1/4 c. Mandarin Orange 1/2 wheat bread 1/2 slice S- Tossed salad 1/2 c. crushes crotons 1 tablespoon ranch dressing 1 pkg. Bread stick 1 water 4 oz. 	21 B Milk 6 oz. French Toast 1 syrup 1/2 Diced pear 1/2 c bacon 1 slice L-Milk 6 oz. Spaghetti w/ marinara sauce 1/4ground beef with marinara sauce 1/4 c Mixed vegetables 1/4 c. diced pears 1/4 c. S-Oatmeal cookie 1. Orange Juice 4 oz. 
24 B- Milk 6oz. Mini Pan Cake 1 applesauce 1/2 c L-Milk 6oz. Salisbury steak 1 with beef broth Apricots 1/4c Macaroni 1/4c Green beans 1/4 c. S wheat crackers 6 strawberry jelly 1 pkg orange juice 4oz. Breakfast will be sent today for Tuesday	25Milk 6 oz. banana 1/2 diced pears 1/4 c. Cherrios 1 L-Milk 6 oz. cheese 1 oz. enchilada 2 pinto beans 1/4 c. fruit cocktail/jello 1/3c Mexican rice 1/4 c S-teddy grahams .5 oz Orange juice 4 oz. 	26Milk 6 oz.– Sausage and beans 3 tablespoons wheat tortilla 1 Orange 1 L- Milk 6 oz. <i>Diced Chicken</i> with chicken broth 1/4 c. vermicelli 1/4 c. broccoli 1/4 c. diced peaches 1/4 c. S-Fresh banana 1 graham crackers 2 water 4 oz. Breakfast will be sent today for Thursday	27B Milk 6oz. Fresh pear 1 <i>Toasted bread I with cheese 1 slice</i> L-Milk 6 oz. Creamed chicken with peas 1/2 c. CN(786203) fresh thin sliced cucumber wedges with ranch dressing 1/4 c. 2 oz... Tropical fruit mix 1/4 c. noodles 1/4 c. S- Orange juice 4 oz. Wheat cracker 6 Water 	28 Milk 6oz. Cherrios 1 banana 1 L Milk 6 oz. chicken strips 2 dipping sauce 1 diced carrots watermelon cubes 2 oz, white bread 1/2 slice Teddy cubs .5 oz Orange juice 4 oz. 

Call for information on registration for these sites:

- The Parks and Recreation summer program for 6-15 year old, 729-4600
- Boys & Girls Club of Laredo summer program for 6-12 year olds, 723-5223
- Laredo Public Library summer activities, 795-2400
- Laredo Housing Authority lunch & snack summer program for 6-15 year olds, 722-4521.



Actividades que se ofrecen en la comunidad con supervisión de los padres. Llame a los siguientes lugares para más información:

- *Programa de Parks and Recreation para niños/as de 6 a 15 años, 729-4600*
- *Programa de verano de Boys & Girls Club de Laredo para niños/as de 6-12 años, 723-5223*
- *Actividades de la Biblioteca Pública de Laredo, 795-2400*
- *Tendrán comida y merienda para los niño/a de 6-15 años en el Laredo Housing Authority, 722-4521.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 2013						
2	3	4	5 <i>Parent's Socialization 10:30 a.m.-12:30 p.m.</i>	6	7 <i>Laredo Public Library Cyber Mobile 2:00-4:00 p.m.</i>	8
9	10	11	12 <i>Parent's Socialization 4:00-6:00 p.m.</i>	13	14 EHS Parent Committee Meeting 1:30 <i>Laredo Public Library Cyber Mobile 2:00-4:00 p.m.</i>	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29